Maharishi Mahesh Yogi
Founder of
Maharishi Vedic University

Maharishi Vedic University for Total Knowledge

2.7

The BRIDGE to Higher States of Consciousness

1. **Deep Sleep** — *State of Consciousness*
2. **Dreaming** — *State of Consciousness*
3. **Waking** — *State of Consciousness*

4. Transcendental *Consciousness*
Bridge

5. **Cosmic** *Consciousness*
6. **God** *Consciousness*
7. **Unity** *Consciousness*

Transcendental Consciousness is the bridge between the three relative states of consciousness, Waking, Dreaming, and Deep Sleep, and the three higher states of consciousness, Cosmic Consciousness, God Consciousness, and Unity Consciousness.

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